



PARENT PACKET

Liberated Parenting:

**How Black Families Can Advocate, Organize,
and Protect Our Children in School**

Because Black children deserve more ... more affirmation, protection, power, and joy.

Welcome!

Today is about love, protection, power, and possibility. We are here because Black children deserve schools that see their brilliance, honor their humanity, and respond to their needs. And Black parents/guardians deserve the information, tools, and community to advocate without feeling alone.

~ Melissa Morgan, VERB Community

* SECTION 1: LIBERATED PARENTING

★ **Let's Interact:** On your phone, go to [menti.com](https://www.menti.com) and type code: 7264 0318 – OR– Scan the QR Code:



- *When I think about my child(ren) at school, I want them to feel...*
- *One hope I have for what my child(ren) will gain from a LBUSD education is...*

FOR PARENTS/GUARDIANS:	FOR EDUCATORS/COMMUNITY MEMBERS:	FOR STUDENTS:



Let's Talk About LIBERATION

- What does **liberation** mean to you (and your family)
- What are you trying to **protect** in your child/student?
- What are you trying to **grow** in your child/student?

Liberated parenting includes...

TEACHING CHILDREN THEIR HISTORY AND CULTURE	HELPING CHILDREN NAME UNFAIRNESS WITHOUT INTERNALIZING IT
CREATING SPACE FOR JOY, REST, AND EMOTIONAL EXPRESSION	ADVOCATING WHEN INSTITUTIONS/PEOPLE IN POWER CAUSE HARM
BUILDING COMMUNITY AROUND OUR CHILDREN	PREPARING CHILDREN TO USE THEIR VOICE
What else would you add?	

- Rank these above topics by how you're doing in each area.
- Write ideas of what you could do differently.
- Reflect on what you need for each area.

★ Personal Reflection

- What did you need from adults as a Black child in school?
- What do you want your child to know about who they are?
- What does liberation look like in your parenting?
- What does protection look like without fear becoming the center?



* SECTION 2: WHAT BLACK FAMILIES ARE NAVIGATING IN SCHOOL SYSTEMS TODAY

Let's name the real conditions and your lived experiences...

- *What are the issues Black families and students deal with in school districts, school campuses, and classrooms today? And what are the impacts on your children?*

TOPICS	IMPACTS ON YOUR STUDENTS

How do you define **ADVOCACY**?

ADVOCACY =

We advocate because our children deserve to be seen, heard, challenged, supported, and protected.

Sometimes parents/guardians feel like something is wrong, but they do not have the words for it yet. Part of advocacy is learning how to notice patterns, ask direct/informed questions, and document what is happening. Advocacy is not conflict. **Advocacy is care in action.** As Black parents/guardians, we can be made to feel like we are aggressive, difficult, or disruptive when we speak up. (P.S. It's okay to be angry). Instead, advocacy is a loving, necessary, and powerful part of parenting.

Examples of advocacy:

- Asking for a meeting
- Requesting records
- Following up in writing
- Asking how discipline decisions were made
- Requesting academic support
- Asking for a restorative response instead of punishment
- Naming racial harm clearly
- Bringing another parent, advocate, or trusted person to a meeting
- Escalating concerns when they are ignored
- *What other ways have you seen advocacy in action?*

★ Personal Reflection

- *What is one pattern you want to pay closer attention to this school year?*



★ Did you Know?

LBUSD has an Equity policy that was created by parents with educators, district leaders, and LBUSD students and graduates, to center Black students and students with disabilities at lbschools.net/lbusd-equity-policy. *Equity* means every child gets what they need to thrive, especially students who have historically been under-served, pushed out, ignored, or harmed.

For Black students, equity should show up in:

- High expectations
- Culturally affirming curriculum
- Fair discipline practices
- Access to advanced classes and enrichment
- Emotional and mental health support
- Safety from racial bullying and microaggressions
- Teachers and staff who communicate respectfully with students and families
- Real parent partnership, not performative engagement and so much more

★ Personal Reflection:

- *Where do/have you seen your child(ren) being affirmed at school, and where do/have you seen gaps?*

* SECTION 3: AN ADVOCACY PATHWAY - MOVING FROM CONCERN TO ACTION

NOTICE → DOCUMENT → ASK → MEET → FOLLOW UP → ESCALATE → ORGANIZE/GET SUPPORT

✓ NOTICE

Pay attention to changes in your child's mood, behavior, grades, attendance, confidence, friendships, or feelings about school.

✓ DOCUMENT

Write down dates, names, what happened, who was present, what was said, and how the school responded.

✓ ASK

Ask direct questions:

- *What happened?*
- *What policy applies here?*
- *What support has been offered?*
- *What intervention was tried before discipline?*
- *How will my child be supported moving forward?*
- *How are you ensuring this does not happen again?*



✓ MEET

Request a meeting with the teacher, counselor, administrator, or support team.

✓ FOLLOW UP

Send a written summary after the meeting. Example: “Thank you for meeting with me today. My understanding is that the school will take the following steps...”

✓ ESCALATE

When concerns are ignored, move to the principal, district office, formal complaint process, board policy, or outside advocacy support. Remember to ask for help from someone to be your parent advocate.

✓ ORGANIZE/GET SUPPORT

If several families are experiencing the same issue, it may not be an individual problem. It may be a pattern that requires collective action.

★ **Make a connection today:** Make sure you’ve met at least one other parent/guardian today and exchange contact information, so that you have one more connection in support of your child’s success.

* SECTION 4: PARENT PRACTICE - WHAT WOULD YOU SAY?

Scenario 1:

Discipline Concern

Your child receives a referral for being “disrespectful,” but your child says they were trying to explain what happened and were not listened to.

Ask:

- What questions would you ask?
- What would you document?
- Who would you contact?
- What support would you request?

What else would you ask?

Scenario 2:

Academic Concern

Your child is struggling in math, but you were not notified until the grade dropped significantly, and the semester is almost over.

Ask:

- What should the school have communicated earlier?
- What support can you request?
- How do you follow up?

What else would you ask?



Scenario 3:

Racial Harm

Your child tells you another student made a racist comment, but the teacher said, “Just ignore it.”

Ask:

- What does safety require here?
- What should the school document?
- What response would you request?
- How can your child be supported emotionally?

What else would you ask?

Key Phrases to Keep in Your Toolbox:

- “I want to better understand what happened before any decisions are made.”
- “Please share the policy that applies to this situation.”
- “I am requesting that this concern be documented.”
- “I want to know what support will be provided to my child.”
- “I do not want this handled only as an interpersonal issue if racial harm occurred.”
- “Please confirm the next steps in writing.”
- “Who else needs to be included in this conversation?”

★ **Know Your Rights as Parents/Guardians.** Knowing your rights helps you move from frustration to strategy. As a parent/guardian, you have the right to ask about information related to your child.

- ☐ Your child’s academic progress
- ☐ Grades, assignments, and interventions
- ☐ Discipline records and behavior reports
- ☐ Suspensions, referrals, and restorative options
- ☐ Special education assessments and 504 plans
- ☐ Bullying or harassment complaints
- ☐ Racial discrimination concerns
- ☐ School safety concerns
- ☐ Accessibility, translation and interpretation support
- ☐ District complaint processes
- ☐ Parent involvement opportunities
- ☐ School Site Council, advisory committees, and district engagement spaces

**See the Parent Fact Sheet that Black LBUSD parents created for you with helpful links and dates.*



* SECTION 5: MAKE A PERSONAL COMMITMENT FOR THIS SCHOOL YEAR

MY LIBERATED PARENTING ADVOCACY PLAN

→ This school year, I want my child to feel:
→ This school year, I will pay attention to:
→ One question I need to ask my child's school is:
→ One right or policy I want to understand better is:
→ One way I will affirm my child at home is:
→ One person or group I can connect with for support is:
→ One commitment I am making as a parent or guardian is:
→ How I will remember to revisit these commitments:

X-----
My Signature

Date

★ Personal Reflection

Something I want to learn more about is....

One word I am leaving with today is...

* WHAT'S NEXT ? STAY CONNECTED...

Join Melissa and other families for a follow up Liberated Family Circle
Wednesday, September 23, 6:00-7:30pm
 in the *Family Center* at the LBUSD Center of Black Student Excellence

Invite Someone! Know a family or caregiver who cares for Black children ages 0-5? Invite them to the circle and encourage them to sign up for the FREE 2026 *Parents & Practitioners for Liberated Learning Lab* at www.blmlongbeach.org/ppl.

★ **Contact: Melissa Morgan, VERB Community**

hello@verbcommunity.org | 515-999-6356 | verbcommunity.org Scan this QR code:



VERB COMMUNITY.ORG



Parent Advocacy Documentation Log

Advocacy is love in action.

Date of Incident: _____ / _____ / _____

What happened, when, and where	
Who was involved	
What my child shared	
Questions to ask the school	
School response	
Support / Resources I need, requested, or were offered	
Follow-Up needed	
District Policies to look into	(i.e., Uniform Complaint Policy lbschools.net/about/complaint-regulations-and-forms , Equity Policy lbschools.net/lbusd-equity-policy , Statewide Parent Engagement Policy cde.ca.gov/ls/pf/pf , Nondiscrimination lbschools.net/about/nondiscrimination-policies , Bullying and Harassment lbschools.net/departments/student-support-services/bullying-prevention , etc.) – <i>remember the BSAI Parent Fact Sheet.</i>



My Child's Support Team

It takes a village.

My Child:	Grade:	Student ID:
School Name:	Principal:	
School Address:		
Phone:	Email:	

Below is my Child's Support Team that I can call on or who I should contact when a need arises.

(The list may include a counselor, administrator, dean, social worker, coach, favorite teacher or staff, campus security, club sponsor, etc.)

Name & Title	Phone/Email	Notes



School Meeting Prep Sheet

Advocacy is love in action.

NOTICE → DOCUMENT → ASK → MEET → FOLLOW UP → ESCALATE → ORGANIZE/GET SUPPORT

Before the meeting, write down:

- ☐ What happened?
- ☐ What do I want to understand?
- ☐ What does my child need?
- ☐ What outcome am I asking for?
- ☐ What documents, emails, screenshots, or records should I bring?
- ☐ Who should attend the meeting with me?
- ☐ What questions do I need answered?
- ☐
- ☐
- ☐

Call on a friend or parent advocate to accompany you, if needed.

During the meeting, ask:

- ☐ What policy or process applies here?
- ☐ What support has already been provided?
- ☐ What support will be provided next?
- ☐ Who is responsible for follow-up?
- ☐ When will I receive an update?
- ☐ How will this be documented?
- ☐
- ☐
- ☐

After the meeting:

- ☐ Send a written summary.
- ☐ Save all emails.
- ☐ Check in with your child.
- ☐ Follow up by the agreed date.
- ☐ Escalate if needed.
- ☐
- ☐
- ☐





THE PPL LEARNING LAB IS A FREE 6-MONTH
LEARNING COMMUNITY FOR PARENTS, FAMILIES
AND PEOPLE WHO CARE FOR OUR BLACK CHILDREN
BUILD THE FUTURE BLACK CHILDREN DESERVE.

RAISING A YOUNG CHILD CAN BRING
JOY, STRESS, QUESTIONS, AND BIG
RESPONSIBILITIES. YOU SHOULD NOT
HAVE TO NAVIGATE IT ALONE.

We're bringing Black Long Beach families, parents, caregivers, and early
childhood workers together to learn, build relationships, and strengthen their
ability to care for and advocate for **Black children ages 0-5**.

Children thrive when the adults in their lives work together.

Parents, grandparents, aunties, uncles, guardians, caregivers, educators,
doula, childcare providers, wellness professionals, and community leaders are
invited to come together in this supportive space to share experiences, learn
practical tools, build community, and grow as advocates and leaders!

SIGN UP AT [BLMLONGBEACH.ORG/PPL](https://blmlongbeach.org/ppl)

